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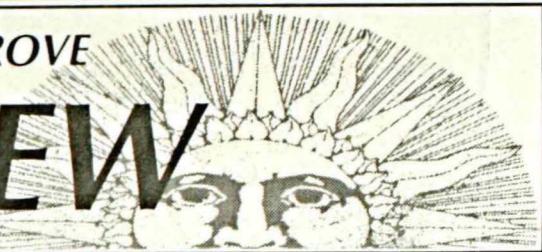
Tuesday, August 4, 1998

Tuesday
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Sports Fitness Recreation

THE LEMON GROVE

REVIEW



Teaching gymnastics a natural for Bradford

by Greg Eichelberger

For someone devoted to the cause of gymnastics, Lindy Bradford of Lemon Grove, began her journey quite late in life, especially when girls interested in the activity usually begin taking lessons at 3 or 4 years of age.

Bradford teaches gymnastics in Lakeside, La Mesa and El Cajon for Karen Mozerka's GymTrix program, as well as at San Diego State University (where she's in her second year studying mathematics).

In addition to all of this, she is the varsity cheer leading coach for her alma mater, Mount Miguel High School (she graduated in 1997) and did not even begin participating in gymnastics until she was around 10.

The daughter of Larry and Louise was into roller skating — not the in-line variety, but the old quad skates.

She was so much into it, that by the time she was nine, she was the San Diego junior champion, performing jumps, figure eights and other maneuvers at Santee's Roller Skate Land.

"One day I just got bored with the whole thing and decided to try gymnastics,"

she remembered. "I knew that 10 was pretty old to be starting out, but in a couple of years, near the time I was starting high school, I had advanced as far as that La Mesa class would let me."

Whereas most youngsters would take weeks, or even months, to learn a routine, Bradford said she could accomplish them in just days. She also taught herself a lot of events at home.

Her favorites were (and still are) the floor (she's into power tumbling) and the balance beam.

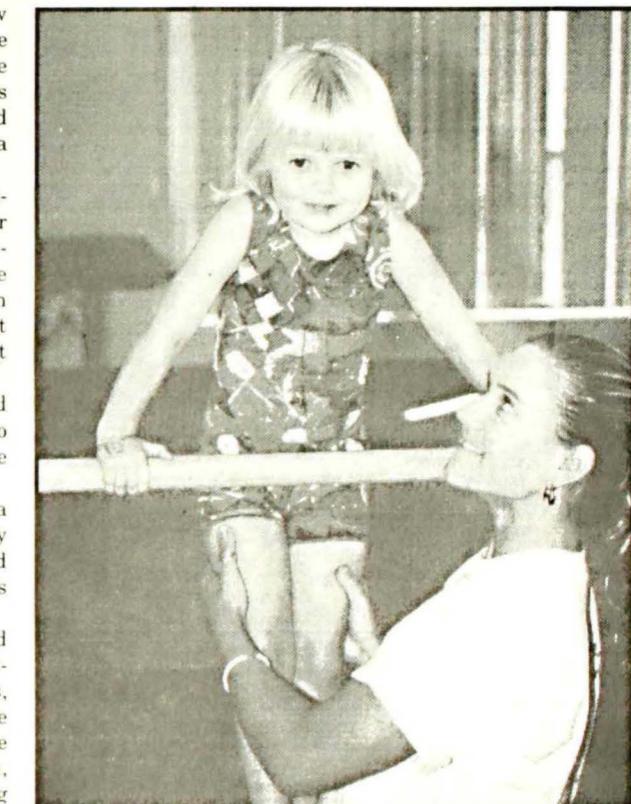
In her freshman year as a Matador, she was privately coached by Felix Merced and was the frosh team's MVP award recipient.

As a sophomore, she said she was helping the instructor with the other students, and by her junior year, she had her own class. She noted that ever since then, she had no trouble picking up teaching jobs here and there.

That was proved just last year when Bradford met up again with Mozerka, who had taught her when she was 14.

It was at that time that the founder of GymTrix asked the prolific young lady to join her staff and help teach tumbling.

Around the same time,



Helping 4-year-old Lauren Sanders of Lakeside is Lindy Bradford of Lemon Grove, who has been teaching gymnastics since she was a Mount Miguel junior.

Photo by Greg Eichelberger

SDSU, which was sponsoring a youth program, also

inquired for her services. Describing the difference in working with the little kids and teenagers, Bradford said that she likes both, but

prefers the tots.

"The older kids know a lot and they're really into competition," she said, "while the children are so

Continued Page 3

Santee Lakes great catch for local anglers

by Joe Naiman

Local fishermen will again be trying to get their limit, when they take advantage of the weekly restocking of channel catfish and rainbow trout at Santee Lakes.

In June, the Padre Dam Municipal Water District approved purchase of up to 40,000 pounds of channel catfish and up to 4,000 pounds of rainbow trout. Cost to the district is \$1.70 per pound for the catfish and \$2.40 per pound for the trout.

Last year approximately 27,000 people bought permits which allow them to fish in Santee Lakes for the day.

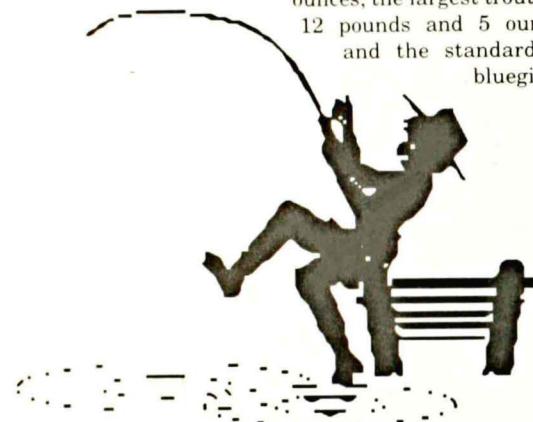
At \$4 for adults and \$2 for children over seven (children under seven are free with a paid adult), the district would be able to recoup the \$77,600 cost to stock the lake.

Santee Lakes has been open for fishing since the seven-lake park was opened in 1961, and is stocked all year. This year Park Supervisor Ron Medenwald expects the lake to be stocked about 45 times.

Stocking usually occurs on Thursdays in the early morning. The fish usually arrive by 7:30, but since the catfish come from Brawley

and the trout come from the Whitewater Hatchery near Palm Springs, their arrival time depends on delays in the delivery trip.

On an average stocking day, the lake draws about 120 anglers. Because the fish are most plentiful on Thursdays, that is the day



when the largest number of anglers patronize the lake.

Lake 4 has been reserved as a "working man's lake," stocked on Thursday, but not open until Saturdays.

This allows those who work Monday through Friday to try their hand at a well-stocked lake, and about 100 anglers show up on a typical Saturday morning.

2 pounds and 8 ounces.

Santee Lakes is open seven days a week: Monday and Thursday from 8 a.m. to sunset and Friday and Saturday from 6 a.m. to sunset. Christmas is the only day the lake is not open for fishing.

"We're really starting to work on our third generation of fishermen, now," he commented.

East County Recreation Department Phone numbers

Santee Community Services	258-4182
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4375
Lakeside Recreation Center	443-4169

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Gymnastics

Continued from Page 1

teachable and proud of any accomplishment they achieve."

She admits to seeing a lot of herself in the teens and what she probably would have looked like in the younger ones. She thinks teaching GymTrix is great and a lot more fun than she thought it would be.

One mother who is happy about the instructor's involvement with the class is Dori Sanders of Lakeside. She watched recently as Bradford patiently taught her four-year old daughter Lauren, along with several others, the art of tumbling, as much as a youngster that age could learn.

"Lindy is a great teacher," Sanders said. "She has helped Lauren improve her balance and coordination quite a bit in the last 12 weeks."

She added that it's not just the physical aspect, but that her daughter is also gaining confidence in pre-school and that it hasn't hurt her self-esteem, either.

Sanders thought that it's very important to have kids in a variety of programs.

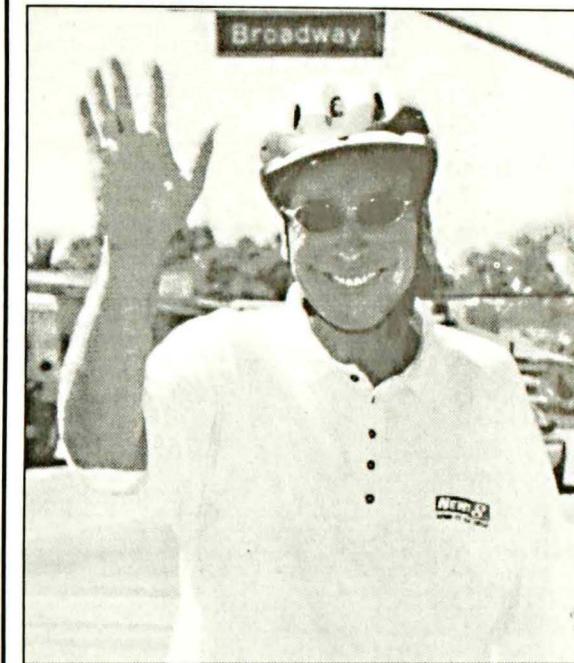
As for the 4-year old, she couldn't care less about any of those things.

She's excited enough to be with her friends and play on the chin-up bar and mini trampoline.

Although Bradford sometimes laments that she should have started gymnastics earlier, she still loves being on the instructing end, rather than competing at the national or Olympic level.

As for a long-range career, however, she isn't as sure. She said she really loves teaching at 19 years old, but didn't know if she will be doing it at 30."

Freewheeling



It was exercise, all right — an exercise in braving the bike lanes of East County. Channel 8's Larry Himmel maintains his humor while venturing out on a ride-along with the county sheriff's bicycle patrol. At Broadway and Lemon Grove Avenue, one of the deputies had a scrape with a car, slowing traffic more than usual.

Photo by Cheryl Cohen

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New stamp to remind public of need of organ transplants

Beginning tomorrow, Americans will be able to attach an important message to every piece of mail they send. A new postage stamp has been created to bring public attention to the national shortage of organs for transplants.

It has been described as a Picasso-style image of one person passing his heart to another. The stamp will be unveiled at the opening ceremonies of the U.S. Transplant games to be held Aug. 5-8 at Columbus, Ohio.

Locally, postal workers and transplant recipients are celebrating the stamp. La Mesa resident Kevin Waugh has a double reason for celebration. A heart transplant has enabled him to continue to deliver the mail for the past two years.

He was diagnosed with cardiomyopathy, a virus that attacks the heart. After a short time, he was forced to stop delivering mail, and was told his only chance was a transplant. Kevin was fortunate. He was able to receive a transplant within 24 hours and was back delivering the mail in four months.

Lemon Grove Fire Log

July 14, 1998

2200 blk. Massachusetts Ave. Chest pains.
2500 blk. Cinderella Way. Evaluate for the Sheriff.
7900 blk. Mt. Vernon St. Unconscious.
9700 blk. Riverview Ave. Move up.
3200 blk. Roy St. Possible heart.
7200 blk. Broadway Ave. Unconscious.
6600 blk. San Miguel Ave. Unconscious.
7900 blk. Palm St. Chest pains.

July 15, 1998

Broadway Ave./Main St. Miscarriage.
2600 blk. Buena Vista Ave. Fainting.
7200 blk. Central Ave. Diabetic problem.
2500 blk. Camino De Las Palmas. Snake removal.
3400 blk. Turf Ln. Odor natural gas residential.

July 16, 1998

2000 blk. El Dora St. Possible heart.
6800 blk. Federal Blvd. Slumped over the wheel.
7800 blk. Sanford Dr. Possible stroke.
6500 blk. Federal Blvd. Traffic accident.
7500 blk. Madison Ave. Possible heart.
7000 blk. Broadway Ave. Chest pains.
8800 blk. Jamacha Blvd. High wildland fire.
EB Hwy 94/Lemon Grove Ave. Vehicle accident freeway.
8300 blk. Broadway Ave. Vehicle accident.
8900 blk. Arlingdale Way. Structure fire residential.
3300 blk. Lemon Grove Ave. Allergic reaction.
7100 blk. Mt. Vernon St. Person down.
3600 blk. King St. Medical aid.
1700 blk. Denstone Pl. Possible heart.
6700 blk. Central Ave. Possible heart.

July 17, 1998

Hwy 94/Summitt/Dulzura. Strike team response.
6900 blk. Federal Blvd. Fainting.
7500 blk. Pacific Ave. Dizzy.
2400 blk. Camino De Las Palmas. Medical aid.
3200 blk. Kempf St. Vehicle vs. structure.

July 18, 1998

3200 blk. Olive St. Seizure.
9700 blk. Riverview Ave. Move up.
2800 blk. Cypress Ave. Medical aid.
3200 blk. Harness St. Seizure.
Lamar St./Bancroft Dr. Vehicle accident.
Massachusetts Ave./Waite Dr. Vehicle accident.

July 19, 1998

WB Hwy 94/Lemon Grove Ave. Vehicle accident freeway.
8100 blk. Broadway Ave. Odor natural gas residential.
3200 blk. College Pl. Medical aid.
7000 blk. Waite Dr. Medical aid.
3700 blk. Hilltop Dr. Laceration.
3900 blk. Quarry Rd. Structure fire residential.

July 20, 1998

Mt. Vernon St./Massachusetts Ave. Dumpster fire.
Bancroft Dr./Lamar St. Assault victim.
7900 blk. Palm St. Ringing alarms commercial.
100 blk. Timely Terri. Vegetation fire.
3200 blk. College Pl. Unresponsive.

Lemon Grove Sheriff's Log

July 17, 1998

2700 blk. Olive St. Residential burglary. \$7,500 value.
8300 blk. Roy St. Vehicle burglary. \$700 value.
7800 blk. Broadway. Commercial burglary. Value unknown.

July 19, 1998

3400 blk. Citrus St. Auto theft. Value unknown.
7500 blk. Broadway. Petty theft. \$10 value.
2300 blk. Berry St. Petty theft. \$40 value.

July 19-20, 1998

1400 blk. La Corte Cir. Residential burglary. \$65,000 value.

July 20, 1998

3600 blk. Olive St. Auto theft. \$2,500 value.

July 21, 1998

1800 blk. Massachusetts Ave. Auto theft. \$2,200 value.

July 22, 1998

7400 blk. Broadway. Auto theft. \$5,000 value.

July 23, 1998

4600 blk. Avocado Blvd. Petty theft. \$150 value.
3200 blk. Lemon Grove Ave. Commercial burglary. Value unknown.
3500 blk. Grove St. Auto theft. Value unknown.

July 25, 1998

3200 blk. Lemon Grove Ave. Strong arm robbery. \$2,500 value.
7000 blk. Broadway. Strong-arm robbery. Value unknown.

The Lemon Grove Review

(USPS NO. 309-840)

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Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

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Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Lemon Grove Almanac

1994 Population: 25,100

Incorporated: 1977

Area: 3.75 sq. mi.

Median income: \$34,399

1996-97 city budget: \$26.3 million

1996 taxable sales: \$265 million

Mayor: Mary Teresa Sesson

Council: Thomas Clabby

Craig Lake

Dwight Shelley

Jill Greer

City Manager: Doug Yount

Planning Director: Linda Niles

City Attorney: Gloria McLean

City Clerk: Christine Taub

Sheriff's Capt.: Yolanda Collins

Congressional district:

52nd - Duncan Hunter

State Senate district:

40th - Steve Peace

State Assembly district:

77th - Steve Baldwin

Supervisoral district:

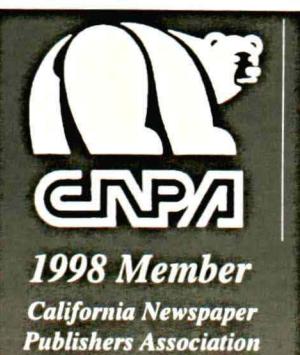
2nd - Dianne Jacob

Libraries: 1

Post offices: 1

Parks: 4

Recreation centers: 1



B Words

by Bob Burns

History goes on the block

On Sept. 2, a real Lemon Grove historical landmark will be auctioned off to the highest bidder. The two-story home, built in 1931 by architect Frank L. Hope, is located at 8336 Golden Ave. It is a traditional Spanish-style residence with four bedrooms and four baths. It is 2,600 square feet and is located on the most beautiful tree-lined street in our city. To the east, it faces a very nice view of Brookside and much of Spring Valley from the most elevated spot in our town.

The home was purchased by Caltrans from Mrs. Elizabeth Daniels, a long-time resident. The land was needed for the Interstate 125 extension, as were many other properties in that area. Betty, as she is called, moved there in 1955 with her husband, Commander John S. (Biff) Daniels with their eight children. Four more additions to the family joined them in ensuing years.

The late commander Daniels was a fighter pilot in the Navy during his 26-year career. He flew the famous F4F Grumman Wildcat, which was most effective during the early years of WWII in the Pacific. The single-engine planes literally did the job until the more powerful F6F Hellcats took over command of the Pacific skies.

Mrs. Daniels, a long-time member of the St. John of the Cross parish in Lemon Grove, has been a tireless worker for the church and the community she calls home. She is a leader in the Religious Initiation program, which instructs those coming into the church. She has been involved in every aspect of service to God and her fellow man. An unassuming, yet powerful influence to all of us who know her, she is often referred to as "Saint Betty" around St. John's.

Her home for 40 years may well be of historical significance, but the Daniels family has certainly been of stalwart and exemplary credit to our community as well.

The home has been extensively refurbished. New floors, new roof and other work has been done to bring it up to code. Being certified as a historical structure, demolition was impossible, so the house and that portion of the large lot that is not needed for the freeway will be open to bidders on Sept. 2. Twenty-four-hour security has protected the property from transients and vandals and the charming circular driveway in front has been improved along with the landscaping.

Anyone wishing to view the property is welcome. Go to 8336 Golden Ave. and look for the large sign out in front. We are all very happy that the residence will be preserved for all time and not destroyed as were so many in that area for the purposes of freeway expansion.

Many other beautiful homes on Crane Street are being, and have been, demolished as sacrifices to the arbitrary and sometimes seemingly ruthless powers that be for highway construction. The preservation of the Lee house, and now the Frank Hope residence, are welcome moves by Caltrans in that most beautiful section of our city. We congratulate them for that ...

Expert advises extra U-V protection for summer sun

When you select a sunscreen this summer, be sure that you're getting all the protection you need against ultraviolet radiation, said a UCSF Stanford Health Care dermatologist.

Look for a product containing ingredients that screen out both the short ultraviolet (UV-B) rays of the sun – long known to cause burning and cancer – as well as the longer ultraviolet (UV-A) rays, more recently found to be potentially harmful, said Dr. Alexa Boer, chief resident in dermatology at Stanford Hospital and Clinics. Some new products are available that offer improved protection against UV-A, she said.

UV-A rays have been sometimes called the "safe" solar rays, and tanning salons have advertised UV-A exposure as a way to tan without danger.

"But that's deceptive," Boer said. We've found in the last few years that UV-A rays penetrate the skin more deeply than UV-B, are more apt to cause long-term skin damage, including wrinkles, and can enhance the cancer-causing effects of the UV-B rays over time.

Sometimes it's hard to tell if your sunscreen protects adequately against both UV-A and UV-B. In general, you get the best UV-A protection from products with titanium dioxide or a newer compound, avobenzone," Boer said.

"A label that says 'UV protection' may mean only that you're getting UV-B protection. Look for labels that list both kinds," she said.

The SPF (sun protection factor) number required on the label of sunscreens refers to UV-B. Boer, like many dermatologists, recommends using SPF15 or higher.

The number is a guide to how long users can remain in the sun without burning. For example, an SPF15 sunscreen allows users to expose themselves to the sun 15 times longer than would be safe without protection. Actual safe exposure times vary widely depending on intensity of the sun and sensitivity of the skin, Boer noted.

Persons with dark skin often don't burn easily, but they, too, should use sunscreen to protect against cancer and premature skin aging, Boer said.

"A powerful sunscreen does interfere with tanning," Boer admitted, "but a deep tan is really your skin's response to injury. Healthy skin is pale and subsequently tends to be more wrinkle free."

If you feel self-conscious without a tan, you best alternative to burning, wrinkles and the threat of cancer might just be to cover up in the sun and then, at night, apply makeup simulating a tan."

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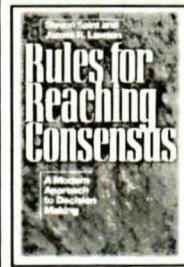
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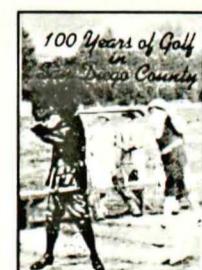
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